

As we are talking about vitamins this week, let's take a look at vitamin supplements (AKA dietary supplements). Please browse through the attached article; you might notice that the sources cited range from 2003 to 2009. Because it's now 2018, let's take a look at the current research to answer the following questions together as a team of Nutrition Investigators: according to **current research studies** (from peer-reviewed journals),

1. are there any diseases or disease processes where the addition of vitamin supplements has been found to be **beneficial** for intervention, prevention or health promotion? Please identify the vitamin supplement by its chemical name, and tell us about the conducted studies, as well as the proposed 'mode of action' how the vitamin exerts its beneficial effect in the human body. Also note if any side effects were reported in the study(ies).
2. are there any diseases or disease processes where the addition of vitamin supplements has been found to be **detrimental** for disease prevention, recovery or health promotion? Please identify one vitamin supplement by its chemical name, and tell us about the conducted studies, as well as the proposed 'mode of action' how the vitamin might exert its negative effect on the human body. What exactly were the side effects noted in the study(ies)?
3. On the vitamins with **ULs**, have any new safety or toxicity studies been published? Please identify one vitamin by its chemical name, and tell us about the conducted study (or studies): Was it an 'in-vitro' (test-tube), in-vivo (animal), or clinical (with human subjects) trial? What was the outcome? What exactly were the side effects noted in the study(ies)? Does the study(ies) warrant an increase in ULs for the particular vitamin / dietary supplement you chose?

After reading the textbook (chapter 7) and the attached article, **select one question of your choice**(#1, or #2, or #3) and query your preferred scientific database (although I believe that MedLine and PubMed will probably provide the most information).

When you find a vitamin & disease process or health promotion aspect that is of interest to you, please review the according studies and share your findings in this discussion forum.

*****Remember, in order to be eligible for full credit, your initial response needs to advance the conversation academically and be posted by Thursday at 11:55pm PT. Since this is a written discussion that can be reviewed, a unique contribution from each student is expected; this means if someone has already identified the connection between 'stomach cancer' and 'Vitamin D', it should **not** be repeated in the following***

discussion contributions if full credit is desired -- unless the first contribution was incomplete, and the new post provides additional research findings as well as different references. In essence this means that the earlier you get your contribution into the discussion board, the easier it will be for you to write about the topic of your choice. If someone posted the same right before you, you will unfortunately have to change your initial contribution -- however, on the bright side: you can then use your work in the reply post to this student ;-)

--Your initial post should be at least 250 words (not counting words of the question or references!).

--Back up your answers with references, and cite your sources! You will need at least 2 references from peer-reviewed journal articles (cited in APA format) to receive full credit for your initial post. Please remember: Wikipedia and Livestrong are NOT accepted scientific references!!

*Respond to at least one other student by Sunday night at 11:55pm PT with a well-thought-out reply (containing at least 1 scientific reference) that **advances the conversation academically**.*

--Each response to classmates should be at least 100 words (not counting the references!).

Grading Rubric

Your Initial Post is worth 14 points

4 points will be deducted for each day late (after Thursday) until the final Sunday night deadline

5 points will be deducted for only citing 1 peer-reviewed scientific article (again: I want to see at least 2 peer-reviewed scientific journal references -- found in the MedLine or PubMed database).

7 points will be deducted for short posts (< 250 / 300 words)

7 points will be deducted for incomplete, unresearched and/or poorly formatted posts (this includes file uploads, which can NOT be read in discussions; hence, please **PASTE** your words into the discussion text box!)

10 points will be deducted if the post does not advance the topic academically (this includes the use of Wikipedia, Livestrong.com, and other commercial dot.com web sites)

10 points will be deducted for not citing and referencing your sources

10 points will be deducted for not citing any peer-reviewed journal articles

14 points will be deducted for plagiarizing, including 'copy & paste' postings from other websites.

14 points will be deducted for uploading your contribution as an attachment (which nobody can easily read).

14 points will be deducted for describing research on a mineral, fish oil, or other non-vitamin dietary supplement.

Your 1 Peer Response is worth 6 points (you are welcome to post a 2nd Peer Response worth up to 6 points)

3 points will be deducted for each short post (< 100 words)

3 points will be deducted for not citing 1 peer-reviewed scientific article

3 points will be deducted for each poorly formatted posts (spelling, grammar, etc...)

4 points will be deducted for not citing and referencing your source(s) in each post

6 points will be deducted if the post does not advance the topic academically (e.g., posting 'opinions' without scientific back-up, or citing Wikipedia, Livestrong.com, and other commercial dot.com web sites)

6 points will be deducted for plagiarizing, including 'copy & paste' postings from other websites.

Enjoy your research and this discussion!